

Coffee / *Coffea arabica*

Part consumed –
Beans

Form consumed -
Dried powder

**Maximum daily
consumption by adults-**
Powder - 6 g

Composition

- Caffeine
- Fats - 22 %
- Carbohydrates - 20 %
- Protein - 57 %
- Essential Oils
- Tanin



Indications as per Ayurveda

- Liver disorders
- Menstrual disorders
- Fever
- Inflammations
- Swellings
- Cough

Modern Clinical Studies

- Anti-inflammatory
- Expectorant
- Anti-Anxiety
- Cardiotonic, Digestive
- Analgesic, Diuretic
- Cough, Asthma
- Nephropathy